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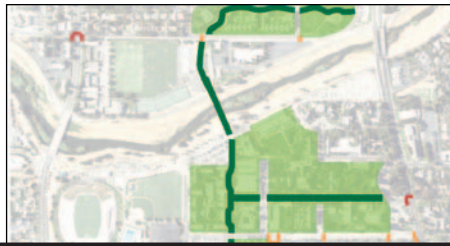
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SPRING BREAK
 CCI went to Mexico for
 alternative spring break.

OPINION/8
WALKWAY
 Changes are being made to
 the campus sidewalk system.



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THURSDAY, MARCH 20, 2014

Pink Ribbons Inc. screening

Nicole Felkins
 COPY EDITOR

Pink Ribbons Inc., a documentary on breast cancer that was directed by Lea Pool, screened at the Janet Leigh Theatre on Monday, March 17 at 7:00 p.m. This film reveals the concerns some have, such as medical sociologist Gayle Sulik, of how breast cancer is portrayed, marketed and exploited by numerous corporations to boost their profits or public image.

For instance, why is money poured into research that aims to solve a problem with a pill instead of focusing on preventive solutions, which wouldn't benefit pharmaceutical companies' bottom line?

Pink Ribbons Inc. reveals the testimony of a number of individuals, such as CEOs of nonprofit organizations, for example, Susan G. Komen, writers, social critics and women with cancer. The documentary uses statistics, studies and the headlines of news stories to highlight Pool's point.

Samantha King, Ph.D., authored the 2008 book titled *Pink Ribbons, Inc.: Breast Cancer and the Politics of Philanthropy*. King's testimony was sprinkled throughout the documentary.

In "Turning a Charity Symbol Into a Corporate Logo," a review of the documentary by Jeannette Catsoulis of *The New York Times* in May 31, 2012, Catsoulis described the film as "frustratingly overstuffed," despite all the evidence, interviews and "stellar intentions."

Catsoulis summarized the key ideas that the film exposed. For example, "Casting a pink veil of positivity over a dark and dreadful disease, we are told, encourages the myth of progress and distracts from treatment options that remain limited to what Dr. Susan Love calls 'slash, burn and poison' and mortality rates that have barely altered in six decades."

The documentary points out that many corporations hop on the pink bandwagon to boost their profits, the company's public image or both. The film exposes the close, hypocritical ties that nonprofit organizations, such as Susan G. Komen, have with large chemical companies, that do not

FILM SCREENING
 CONTINUED ON PAGE 5



Second-year student pharmacists share their creative contributions to SPAC's Rx in Six project.

Linda Le

SPAC hosts legislative dinner

Sylvana Ho
 PACIFICAN ALUMNA

Move aside, Sarah Palin, because no one is thinking about the Conservative Political Action Conference (CPAC) anymore. It's all about pharmacy now.

This past Friday evening on March 14, those on campus - namely, the pharmacy students whose spring break is not for another month - are talking about the Student Pharmacist Advocacy Coalition (SPAC).

SPAC, in collaboration with every pharmacy organization at Pacific, hosted its third annual Legislative Dinner for over 130 students, pharmacists and policymakers, including Councilmember Moses Zapien for two continuous years.

That collective voice is essential for a group as fragmented as pharmacy. Like with the passing of SB 493 last year, the CEO of the California Pharmacists Association, Jon Roth, expressed in his speech how imperative it was for the profession's various sectors to form that strong alliance to promote political change.

Subsequently, Dr. Jason Bandy of the California Society of Health-Systems Pharmacists described in detail that very same landmark legislation, which established pharmacists as health care providers in California.

Even though the new law does not directly change his area of practice, Clifford Young of the American Society of Consultant Pharmacists recognized how collaborative practice has enhanced the role of pharmacists like himself in patient care.

Third-year student pharmacist and SPAC co-founder Greg Koyama returned from rotations for the night to deliver yet another inspiring speech: An intriguing lecture on physics, economics, and political advocacy. "Where these topics intersect is pharmacy," Koyama began. Through economics, the co-founder of SPAC explained that although pharmacists are currently at a surplus, SB 493 is sure to increase the demand for pharmacists.

Through the power of physics, the idea of

SPAC DINNER
 CONTINUED ON PAGE 4



Public Safety



Weekly Report
Mar. 2 - Mar. 15

Theft

DeRosa University Center 03.03.14
A victim reported volunteering at an event when someone took his computer bag containing his cell phone. Officers activated his "Find My Phone" app, which traced the phone to a local elementary school. Officers used cameras to identify the suspect, who is an employee with the school district. The employee was contacted and returned the bag along with the phone. A criminal citation was issued.

Casualty

Main Gym 03.05.14
A subject was playing indoor soccer until he was pushed against the wall and struck his head. He was treated by medics and transported to St. Joseph's Hospital for treatment.

Vandalism

Pacific Circle 03.05.14
A vandal spray painted a wall, causing approximately \$150 in damage.

Auto Burglary

Mendocino Avenue 03.05.14
A victim reported that someone broke the rear window of his vehicle and took a bag that was left on the rear seat. The vehicle was parked on Mendocino Ave.

Arrest

Phi Delta Chi 03.12.14
Officers observed a subject loitering around the above location at 5:30 a.m. Officers made contact and learned the subject had a \$15,000 warrant outstanding. The subject was arrested.

DUI Arrest

Pacific Avenue 03.13.14
Officers stopped a vehicle at 1:35 a.m. for traffic-related violations and learned the driver was under the influence. The subject was arrested and turned over to CHP for processing. The passenger of the vehicle was arrested for public intoxication.

Auto Burglary

Off Campus 02.13.14
A victim reported that someone forced the lock on their truck while it was parked at Buffalo Wild Wings. The thief took a backpack, which contained the victim's books, wallet and camera.

CCI: Alternative Spring Break

Faith Yates
CONTRIBUTING WRITER

Under the direction of Carrie Balthrop '16, a group of seven dedicated volunteers, including myself, had set off for Cholula San Pedro, Mexico to participate in the Center for Community Involvement's Alternative Spring Break program. Banding together with the nonprofit organization Community Links, our primary focus was directed toward community-based education and fair-trade projects, as well as environmental and social justice issues.

As we embarked on our journey to Mexico, we were all a bit unsure of the impact it would have on our lives. Although we had been preparing for months, fundraising, planning, learning about Mexican history and memorizing Spanish vocabulary, personally, I still did not fully feel prepared for this experience.

Besides the large amount of vocabulary I could not remember, I was still uncertain about what community service we were actually coming to do. The vagueness of "community-based education, fair-trade projects, etc." was not lost upon me. Also, would whatever we were doing truly leave a lasting impression on the people who lived there, or would all the "impact" be left to us: the volunteers?

After 17 hours of travel, I landed in Mexico feeling gross, tired and not prepared for the rules of the house we would be living at. Two rules were put in place to conserve water, a precious resource that is scarce in places like Cholula, which blew my American mind away.

The first rule we had to follow consisted of setting our showering schedule three days apart, something I only do on lazy summer breaks and, sometimes, finals week. The second rule came in the form of throwing toilet paper in a trash bin, only flushing your "number two" and allowing the other to mellow out, all of which in a land of "automatic flush" are most uncommon.

To fully immerse ourselves into the culture that we had clearly jumped headfirst into, we headed into town to gain



The team that participated in the Alternative Spring Break program. **Center for Community Involvement**

our bearings and witness more of the community. Down at the Great Pyramid of Cholula San Pedro, a Catholic chapel stood above it and below it was an array of archaeological tunnels said to span around ten miles. Through the one tunnel open to the public and up the many stairs, around and up to the chapel, armed with cameras, pesos, as well as people speaking both broken and fluent Spanish, we explored the pyramid and the booths encircling it.

The following day, we had a glimpse of reality when we visited the School for the Blind. Virgilio, the blind owner, and his wife met us at the door where we were given an overview of their work with the children as well as their families. Their passion for their work could be felt throughout the room as they spoke of the many services they provide for their students and the new technological advances they have made in the past five years.

Soon, we were thrown into activities. We wrote our names in Braille for Virgilio to read and then walked around blindfolded, cane at hand, trying to find our way in a courtyard we had never seen, and given directions in a language that was said too fast for me to understand. When we all had found our way back to our seats,

Virgilio imparted some words of wisdom.

"When Helen Keller was asked if she could gain either her sight or her hearing, which do you think she chose?" After acknowledging our mixed responses, he told us the answer. "She replied that she would choose her hearing because when you lose your sight you only lose the vanity in life, and I agree life is much deeper than that."

The rest of the day's activities focused on the land and the many ways we can work with nature and not against it. We met with Ina and Manuel, a married couple, who live on the outskirts of Tecuanipan, Mexico and tutor the local children. "Our house is a living house," explained Manuel, speaking of his two-person adobe home on the hill where you can see both a river and an active volcano in the distance. "If we were to leave, our home would die in wait of us," Manuel remarked.

Manuel's right. The two-person home is as attached to them as it is to its surroundings. The garden outside, rich with different vegetables, is watered by their shower and sink water. Their toilet is a dry ecological toilet where different waste is sent in different directions and separately used to pack the ground with nutrients

completely without flushing. Their outhouse is even connected to an avocado tree where waste sits undetected in separate piles beneath it.

"The water we saved in the first month of using a compostable toilet has been calculated to be enough water to supply one man with enough water to last him four years. It's the way we work with nature," Manuel commented, as we were admiring his throne.

This concept of working with nature was the root of the rest of the week's activities. At Ina and Manuel's, we helped put in windows for the classroom, paid for by Community Links and used to tutor the local children, with the same mixture of mud and straw used to build their living home. At the main work site, completely funded by Community Links, we sifted and moved different types dirt, which exemplified this idea magnificently.

The home we helped build is to be an example for the whole community of simple living and using surrounding resources to your advantage. The house is made out of a mixture of limestone, sand and clay compressed in white bags and curled around to

Tigers head to Mexico for alternative break

SPRING BREAK
CONTINUED FROM PAGE 2

make the base and walls of the home. Without the mud finishing, the home looks a bit like the Michelin man's body without the head or ligaments. The roof of the house is built to support plants in order to dispose of the ecological footprint that would have been left by the house's base. It is also made at an incline, so that the water collected by rain on the roof slides off and feeds the surrounding ecosystem.

There is an overwhelming need for a home like that in Tecuanipan - a realization that evaded me until we went to our homestays at the families of the children Ina and Manuel tutor regularly.

Separated into groups of two and three, we were all able to experience what it is like to live in a severely impoverished area within a foreign country. My group stayed with a family of three children, and I met the father beforehand while I was sifting dirt at the Michelin house.

The only room that I saw in their three-room house was the room where we slept, also doubling as the dining room. Two of us slept in sleeping bags on the concrete floor that was covered with a rug and a pile of blankets. In order to flush the toilet, you had to dump a bucket of water into it.

Their home's surrounding streets were full of

bumps and overrun with unneutered animals. When we left to see the surrounding town, the community square fountain was shut off due to a lack of water. Despite their living situation, they were all happy and a family who did homework together on the dining room table every night.

It seemed to me that the village of Tecuanipan and even the town of Cholula San Pedro were a huge contrast to Puebla city, only an hour away, with forever-running water fountains, paved streets and humungous plazas equipped with free Wi-Fi. The vast difference in wealth and lifestyle makes the dream of Community Links sound so much more necessary.

"If there is development that needs to be done, it should be good for the people, good for the land and everyone should share in the benefits," expressed Arturo Ortega, Community Links founder and our host for the week. "These are the three key principles of permaculture. The development that is being done now is not good for the land or the people."

After seeing three drastically different living scenarios, I can see what Ortega was saying. As Virgilio would say, "We only care for the vanity of life;" things that we like to see. Instead of using our resources intelligently, we build cities that waste water by the use of huge fountains that many other cities don't even have the resources to use.



Center for Community Involvement
The process used to make cob-constructed adobe.

We like the vanity of life, so simple things, like doing homework together at a dining room table, are often overlooked, and in its place are big buildings and wasteful living. Now, I can see that we were causing a lasting impact. We were supporting a dream and dreams are what the future is comprised of.

The Center for Community Involvement would like to thank those who supported us in our endeavors, especially ASuop.

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- Paul Amador, President
California Application Research Group Inc.

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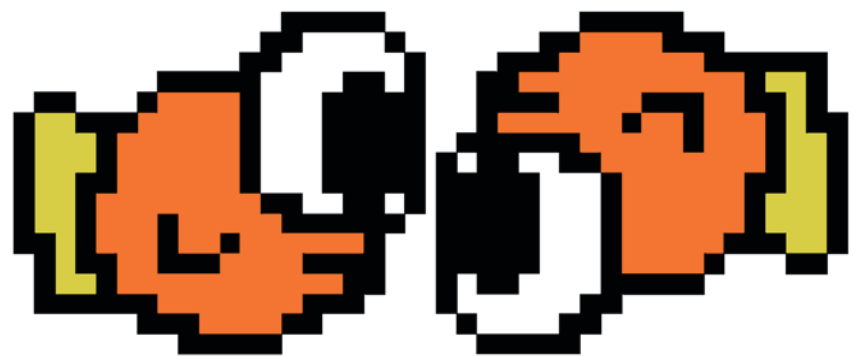
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Third annual pharmacy dinner



Sarkis Kavarian
California Pharmacists Association CEO Jon Roth shares his insight and goals with ASP VP of Legislative Affairs Thomas Person and SPAC's Ambassador Lauren Jennings '16.

SPAC DINNER
CONTINUED FROM PAGE 1

transforming the "potential energy" of pharmacy into "kinetic energy" was possible through an effective change agent. SB 493, Koyama believes, is that change agent. However, Koyama was also careful to warn that SB 493 is not the beginning of the end, but on the contrary, "the end of the beginning" - a blueprint for how

legislation can be an effective vehicle for change.

The momentum has begun for pharmacists to apply their extensive education more comprehensively in health care. "We know more than you think," proclaimed SPAC project manager Kayla Pang. "You have questions? We have answers," marveled Pang.

The public has long thought that pharmacists just count to dispense, but SPAC has been working to refute the misconception, first with its Dose of Truth campaign in 2012. At the Legislative Dinner, SPAC launched its latest initiative, Rx in 6, a project that parallels SMITH Magazine's Six-word Memoirs.

Each attendee wrote six words to capture the value behind pharmacy that the public may have overlooked. It's straightforward: Pharmacists unite for patients.

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Documentary on the reality of breast cancer

FILM SCREENING
CONTINUED FROM PAGE 1

normally invest in investigating the purported links between pollution and cancer.

Barbara Ehrenreich, a social critic, writer and author of the 2001 essay "Welcome to Cancerland," provided her testimony in the documentary as well. Ehrenreich pointed out that in order to be a survivor, you must participate in the "tyranny of cheerfulness" that the breast cancer movement endorses, as Catsoulis recounts. "We used to march in the streets, now you're supposed to run for a cure, or walk for a cure, or jump for a cure or whatever it is," expressed Ehrenreich, according to Nathalie Atkinson's review of the film on Feb. 3, 2012 in the National Post.

Many products that bear the pink ribbon logo, such as cosmetics, possess ingredients that are linked to cancer. The film showed the names of a few cosmetic companies, such as Avon and Revlon, being typed into Environmental Working Group's Skin Deep database, and it displays that many of their products contain ingredients that can cause cancer. At the same time, those companies are involved in the breast cancer

movement.

Skin Deep is the world's largest database of personal care products that are scientifically reviewed for safety, as Skin Deep's website informs. Some of the personal care products contain chemicals that studies have linked to breast cancer (formaldehyde, lead, etc.). The film flashed the following statistic on the screen: Women use 12 personal care products everyday, and the number of chemicals in a single product can range from one to more than 10.

Margaret Keith, Ph.D., and James Brophy, Ph.D., delivered their testimony together and talked about how there has not been any research on the millions of chemicals that humans are exposed to.

The film revealed that women make 80 percent of the buying decisions. So, by labeling products with a pink ribbon, one can see how a woman would be more prone to buy a product that sends some of its profits to a charity over a competing product that does not.

Members of a Stage IV cancer support group named Ivy League provided their testimonies as well. One member remarked that as many women part of the mainstream breast cancer movement are learning how to live with cancer, the members of her

support group are learning how to die.

The film revealed several startling statistics: Around the world, someone is diagnosed with breast cancer every 23 seconds, and every 69 seconds someone dies of it. One in 22 women was diagnosed with breast cancer in 1940, but that number was cut in half just a half century later: One in 11 women was diagnosed in 2011.

The documentary highlights that there is a problem with the message of positivity that the breast cancer movement sends to people with cancer. If the message is saying that people should battle their cancer by staying positive, does that mean a woman who died from her illness did not remain positive enough?

Janet Collins, organizer of the world's first conference on breast cancer in 1997, asked why the pink industry does not focus on researching cancer prevention. Collins contends that much of what is raised for research is invested in pharmaceutical treatment.

A pie chart illustrated that only 15 percent of the money spent on breast cancer research goes toward learning about prevention; only 5 percent of that is spent on researching possible environmental causes. The documentary also explores the lack of coordination among breast cancer

researchers around the world: Studies overlap while there are research gaps.

To provide some historical background on the pink ribbon, it actually used to be salmon-pink colored when it adorned letters that Charlotte Haley wrote as part of her letter-writing campaign to advocate for women's health care. Haley's symbol was adopted by corporations early on – especially Estee Lauder – as Atkinson explains; however, the documentary reveals that lawyers advised any other organization who wanted to use the ribbon to advocate for women's health to pick another color.

The pink color was chosen after women were surveyed for their opinion of the most comforting color. However, the pink ribbon has become too much for some, as Maricela Ochoa disclosed, "We are human beings, not just a pink a ribbon."

At the end of the documentary, a woman remarked that a perky image of the disease might do more harm than good; pink softens what is not a soft disease.

Although the documentary left Catsoulis with more questions than answers, she believes it "deserves to be seen." This film was not rated and ran for an hour and 38 minutes.

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OPINION

A little time can make a big difference

Nicole Felkins
COPY EDITOR

Many Tigers have made a difference in Stockton during their undergraduate studies. Students can search local volunteer opportunities through Reach Out online and work or volunteer for the Center for Community Involvement (CCI), a house on the corner of Pacific and Knoles Avenue that was transformed into the CCI's operating center.

Through the various programs the staff at the CCI organizes, such as voluntary action groups that commence on the weekends and tutoring by many Pacific students that goes on during the week, stu-



Center for Community Involvement
A CCI volunteer helping out at a Saturday PIE event.

dents touch the lives of many people in need every day. However, more individuals at Pacific can and should do more to help the Stockton community.

In what are likely the CCI's efforts to increase volunteerism on this campus, the Reach Out program was established. Every student is encouraged to register for Reach Out on <https://www.volgistics.com/ex/portal.dll/ap?AP=2078901023> where you can scroll through a variety of local volunteer opportunities.

Once you volunteer and register with Reach Out, you can log your hours. If you log enough hours, you can win several prizes, such as movie tickets, graduation cords and recognition at the Reach Out celebration at the end of the year. Last year, the celebration was held in the Alex and Vereschagin Alumni House. There were raffles every attendee was automatically entered into, pizza from BJ's Restaurant, hors d'oeuvres, fresh fruit, the recognition of many volunteers and laughter.

The Reach Out program alone displays how crucial it is for every student to spare some time to volunteer on a regular basis. Stockton is filled with many communities that could use our help, and each of us can make a real, lasting difference.

For example, consider voluntary action groups. Several times a month, a group of Pacific students along with one or two voluntary action group leaders will volunteer at Habitat for Humanity, the Animal Protection League, the American Cancer Society: Discovery Shop and the Stockton Shelter for the Homeless.

You can go bowling by joining the Very Special People bowling voluntary action group. The next events are on the following Sundays: April 6, 13 and 27 from 10 a.m. to noon. Contact the Center for Community Involvement at (209) 946-2444 or cci@pacific.edu for more information.

For those with green thumbs or for those who want to learn farming, you can volunteer at the Boggs Tract Community Farm, which produces nutritious fruits and vegetables for the local community.

As Pacific's website informs, in the fall of 2012, 3,867 undergraduate students enrolled at Pacific and a total of 5,920 students enrolled at the Stockton campus as undergraduate, graduate and pharmacy students. The Reach Out section of Pacific's website challenges students on the Stockton campus to log their volunteer hours so they can meet the CCI's goal of 12,000 hours for the 2013-2014 academic year.

With just about 6,000 students enrolled in the Stockton campus alone, if every student volunteered just two hours of their time this month, the CCI could exceed their goal of 12,000 hours by the end of the month. There are 744 hours in a 31-day month, so with the rest of the 742 hours for sleep, school, work and fun, 2 hours comprises just .27 percent of your time. Can you donate less than a third of a percent of your time?

COMMUNITY INVOLVEMENT
CONTINUED ON PAGE 7

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The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.

Sprinklers in the rain?

Jenna Graves
LIFESTYLES EDITOR

Pacific strongly believes in sustainability, right? They have preached it to us since day one. Though some of the school's decisions lately have not been so ecofriendly, such as continuing to water the lawns and plants on campus even though it had already rained that day.

With the county in a drought, doesn't the greens keepers realize they are only wasting valuable water? Running sprinkler systems during times of rainfall not only uses water that does not need to be used, but it overwaters the plants and grass that have already been watered by mother nature.

This problem can be easily solved, so why hasn't it yet? To prepare for this problem in the future, the university should install

a rain sensor. As explained on the City of Santa Barbara's website, "A rain sensor is an irrigation shutoff device that prevents an automatic sprinkler system from turning on during and after a rain storm. Rain shut-off sensors are wired to an irrigation system controller and override the scheduled irrigation when a sensor on the shutoff device detects water. Rain shut-off sensors are simple, economical and useful tools for preventing irrigation that would be wasteful. Rain shut-off sensors work best for short off periods," so this device would be perfect for Stockton's bipolar weather.

Hopefully a rain sensor is considered for campus, though if Pacific stands by sustainability as much as they say they do, then they will tackle this problem and only use water when absolutely necessary.



Broken sprinkler heads can waste a lot of water, a precious resource. Alliance for Water Efficiency

Volunteer with CCI

COMMUNITY INVOLVEMENT
CONTINUED FROM PAGE 6

The same select number people constitute the bulk of the hours logged, while lots of students do not get involved at all or just enough to meet their organization's membership requirements. Groups Involved in Voluntary Efforts (G.I.V.E.) is a competition that many on-campus organizations are involved in. The group that logs the most hours receives recognition inside ads that are periodically posted in The Pacifican's newspaper and at the end of the year at the Reach Out Volunteer Celebration.

According to the CCI's ad in The Pacifican's previous issue, the total amount of hours that G.I.V.E. logged for the 2013-2014 year as of Feb. 24 is the following: 514 for Sigma Chi, 504 for the Hmong Student Association, 332 for Alpha Phi Omega, 276 for Gamma Alpha Omega and 263 for Phi Epsilon Kappa. However, that adds up to 1,889 hours, which pales in comparison to the target 12,000 the CCI hopes to be achieved by the end of this spring semester in seven weeks.

Especially since the organizations in G.I.V.E are presumably the most involved groups on campus, those numbers also illustrate that it is often the same groups of individuals who are continuing to volunteer their time. Many professional fraternities, sororities and organizations require their members to volunteer a certain amount of hours, so it is no surprise that those groups often rank in the top five of the G.I.V.E. competition. In addition, every leader of a voluntary action group is supposed to log his or her hours, and that stacks up over time. However, if every Stockton student volunteered just two hours before the academic year ends, the CCI would reach

its goal, and it could proudly say it was because of the work of every Pacific student - not limited to the work of the same select groups of individuals.

According to Sara Konrath in The Huffington Post in August of 2013, a review by Dr. Suzanne Richards of 40 studies that were conducted in the last 20 years indicates there is a link between volunteering and health. Volunteering can help lower depression, boost a person's well being, and reduce his or her chances of death by 22 percent. Konrath believes that could be due to three reasons. First of all, volunteering gets people out of the house and moving; people who are physically fit tend to deal with stress better - leading to longer lives. Secondly, Konrath points out when people build social connections, which volunteering fosters, the hormone oxytocin is released in the brain - helping people manage their stress better. Lastly, Konrath mentions, "[Volunteering] just feels good." It provides humans with a deep sense of happiness, "which is also associated with longer and healthier lives," Konrath reveals.

Many institutions are dependent on the work of volunteers, such as the Discovery Shop, which is a thrift store that donates all their income to the American Cancer Society, and churches, which often provide food to those in need. Volunteers are fundamental to the Stockton community. You have a chance to be fundamental as well. Even if volunteering does not reduce a person's chances of dying, studies do show that it is positively linked with a person's health.

Besides helping out the Stockton community, the health and social benefits should encourage you to volunteer just a couple hours of your time at least once a semester.

FDA proposes changes to nutrition labels

Kimberly Leppelmeier
STAFF WRITER

The Food and Drug Administration (FDA) is proposing several changes to the nutrition labels on food products. Among these changes is taking away the category of calories from fat and replacing it with information about how much sugar is added to the product.

Research indicates that there are fats that are good for you and fats that negatively affect you, so the category does not accurately represent the food's real nutritional value. However, according to CNN's Jacquie Wilson and Jen Christensen, the added information is much more relevant to a person's health.

The American Heart Association states that people do not realize how much sugar they actually

consume in a given day, and they suggest, for example, an American man limit his added sugar intake to about 150 calories a day. Women are recommended to have less than 100 calories per day from added sugar. This is going to be a definite improvement to the health information available.

This change and many others, including altering the size of products you buy, such as soda, to a serving size, will help improve many people's understanding of what they are consuming. Unfortunately, many people do not care enough to look at their food and drinks' nutrition label.

For parents who want to ensure they are buying the healthiest products possible for their children, this added information will help them ease their minds.

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230		Calories from Fat 40	
% Daily Value*			
Total Fat 8g		12%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 160mg		7%	
Total Carbohydrate 37g		12%	
Dietary Fiber 4g		16%	
Sugars 1g			
Protein 3g			
Vitamin A		10%	
Vitamin C		8%	
Calcium		20%	
Iron		45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

8 servings per container

Serving size2/3 cup (55g)

Amount per 2/3 cup

Calories

230

% DV*

12%

Total Fat 8g

5%

Saturated Fat 1g

Trans Fat 0g

0%

Cholesterol 0mg

7%

Sodium 160mg

12%

Total Carbs 37g

14%

Dietary Fiber 4g

Sugars 1g

Added Sugars 0g

Protein 3g

10%

Vitamin D 2mcg

20%

Calcium 260mg

45%

Iron 8mg

5%

Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Business Insider

Nutrition labels will be aimed at an easy-to-read layout.



What would you like to accomplish for the remainder of the semester?

"I want to do well on my finals because I want all my hard work to come full circle, so I can finish the year off with a bang!"

@Melina Huey,
C.O. 2017

"I want to help my team win conference and go to the postseason for softball."

@Bailey O'Mara,
C.O. 2017

"I hope to do well in all my courses, I would like to have a job or graduate school secured before graduation, and I hope to get back into shape since swimming season is over."

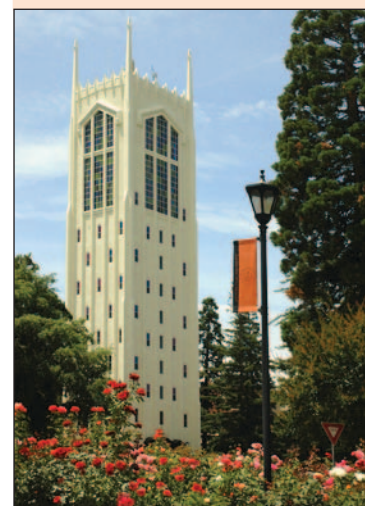
@Dai Wilson,
C.O. 2014

"To have an income set to the point I can be completely independent."

@Kevin McCarthy-Anderson,
C.O. 2014

"By the end of the semester, I hope to be the best version of myself, especially since I'm graduating, and I want to be able to say that I made the most out of my college years!"

@Angela Gomez,
C.O. 2014



W Underground

Pacific's campus needs more sidewalks

Caitlin Proctor
CONTENT EDITOR

Students have to find new ways to cross Stockton campus due to changes in the walkway systems.

The first week back from spring break revealed the death of the pathways that formerly cut across the DeRosa University Center (DUC) lawn, illustrated by the sections that were chained off. Toby Rose, the University of the Pacific's grounds manager, confirms that the walkways and an area in front of the DUC have been seeded over.

The loss of the two disintegrated granite walkways is not too great; they were often muddy and indirect routes, too narrow for two-way foot traffic. A seamless lawn will be reestablished as soon as the new grass grows in.

Other changes to pathways around campus are to follow. The 2011 Final Master Plan expresses a desire to "expand the walkable, attractive and safe hearts of campuses, in part by locating parking on the perimeters of campuses and fostering use of non-car transportation" for all three campuses.

The 2024 vision in that report further details expanding the "contiguous pedestrian campus park environment" by maintaining use of footpaths and inhibiting the presence of vehicles on campus.

The 46 pages relevant to Stockton's campus emphasize keeping a park-like quality to campus. The long-term plans include proposed modifications to existing pedestrian areas and removal of the partial streets that probe into campus. For example, Atchley Way,

located by the library, would become Atchley Walkway and have no vehicular traffic, only pedestrian access.

Another plan that may come to campus sooner is a paved walkway by the Robb Garden. Rose confirms, "We have been working on a proposal for the Walter Bob Garden entrance/plaza for some time now. It's proven to be quite a long process as there are numerous people involved. I know we are still making adjustments to the proposal." No timeframe is yet released, but a change is in the works.

Pedestrian paths will be introduced, and others will be reincorporated into the landscape. Stay on your toes while strolling through the grounds: New ways of getting from point A to B can appear at any time.



Pacific students walking the Baxter Walkway between classes.

SWA Group



University of the Pacific

2014 COMMENCEMENT STUDENT SPEAKER

Would you like to be the 2014 commencement student speaker?

APPLY TODAY!

<http://go/pacific.edu/StudentSpeaker>

UNIVERSITY OF THE
PACIFIC



Black vs Orange

Black vs Orange is a weekly platform for open debates on key issues. All students are welcome to participate and make their voices heard. Contact Jamil Burns, the opinion editor, to get your opinion seen.

Topic of the week:

Should tobacco sales be banned?

PRO

Jamil Burns
OPINION EDITOR

Recently, there has been increased talk of banning tobacco products at both the local and national level. Several universities across the country have already banned smoking on their campus(es). Convenience stores, such as CVS, are planning to remove tobacco products from their shelves. Motivation for these changes come from an increased concern for public health, while opposition stems from preserving smokers' rights. It is important to evaluate the two, but eventually, it should be clear to every citizen that banning tobacco products is beneficial for society as whole in the long run.

Removing tobacco from the shelves of stores is a vital step in improving the health of today's society. Smoking affects more than just the smoker. Passersby have little ability to choose whether they inhale secondhand smoke or not. This is especially a problem in apartment buildings where smokers choose to smoke indoors. Smoking affects the general air quality, so those who are sensitive to the toxins and carcinogens contained within tobacco smoke can develop respiratory problems.

The American Cancer Society explains, "Tobacco smoke is a mixture of gases and particles. It contains more than 7,000 chemical compounds. More than 250 of these chemicals are known to be harmful, and at least 69 are known to cause cancer."

The overlying assumption is that smoking is generally bad for all parties. It is often thought that people have the right to do as they please with their bodies,

so long as it doesn't affect others. Yet, the practice of smoking clearly affects others and should be addressed.

Although some believe that banning tobacco would not actually reduce tobacco use, removing access to tobacco would reduce a non-smokers' chances of smoking. The fact that cigarettes are so easily visible and widely available gives people the option to buy them. By removing the option, the idea is that it can remove the thought of smoking from people's minds.

Of course, there arises the argument that banning tobacco and tobacco products would simply drive the market underground. This is where the tobacco ban needs work. There needs to be a safe way for smokers to get their cigarettes, or else the market will end up unregulated and unmanaged. The benefits of a smoking ban will stop here unless current smokers are given an alternative to smoking or are offered assistance in quitting. Cigarette smoking is an addiction; thus, it should be treated like one.

As this country has seen with a failed war on drugs, banning a substance will not outright stop its use. If the government was interested in the health of its citizens, we would have no choice but to ban tobacco. The legality of tobacco and alcohol proves that our health is not a primary concern of the United States government.

Perhaps the law should begin to reflect what is best for public health, and considering the shifting views toward marijuana, this is turning out to be very possible for the future of this country. For this reason, the sale of tobacco and tobacco products should be banned.

Cody Rommel
CONTRIBUTING WRITER

Some of the most innovative and entertaining commercials in the United States have been aired by anti-smoking tobacco campaigns, who express the harmful effects of tobacco. Yet, there still seems to be a huge presence of cigarette smokers. Some have suggested that the answer to slowing the impacts of heavy tobacco smokers in America is to ban tobacco completely. However, I believe that this would not only do nothing to current addiction rates, but it would increase various other social issues along with it.

Banning cigarettes will not have the ability to deter current adult smokers and will have no additional deterrence from young adults. The Campaign for Tobacco Free Kids explained, "Overall, 80 percent of all adult smokers begin smoking before the age of 18, and 90 percent do so before leaving their teens."

It is illegal for minors to smoke, but they do it anyways. This shows that banning cigarettes in its entirety would only deter 20 percent of current smokers in the United States. This would of course be the best case scenario, but chances are that some of the 20 percent would not be deterred by the ban.

The likely scenario that would play out if cigarettes were banned is a minimal change in the addiction rates. A greater demand would be placed on social services and the already overcrowded prison system when cigarettes go underground to supply the black market.

In 2008, social services and welfare programs in the United States were hit hard by the

financial crisis and have just begun to recover after a long period of austerity measures in the United States. Currently, the U.S. government is getting a portion of its sales tax revenue from a "sin tax" on cigarettes, so when a ban is enacted, a tax can no longer be collected. I don't have to be an accountant to see that the loss in revenue from the lack of a sin tax on cigarettes will have to come from somewhere else. It will then be up to the president and the appropriation committees in Congress to figure out who will burden that loss.

Meanwhile, less money is going to public programs. People will still be smoking, but under the operations of the black market. The Campaign for Tobacco Free Kids also stated, "The addiction rate for smoking (the percentage of experimenters who ultimately become habitual users) is higher than the addiction rates for marijuana, alcohol or cocaine."

Tobacco would thrive in the underground economy. The knowledge to grow and develop tobacco is easily accessible, with the added benefit of an addicted customer base that provides a consistent demand.

This will mirror the huge influx of drug convictions that resulted during the crack and cocaine epidemic. So, the United States will not only be burdened with the budget cuts from the loss of revenue, but it will also be overburdened by the convictions that result from the sales of cigarettes.

All-around banning cigarettes is a bad idea, for it will do nothing to deter new smokers or stop existing ones. Also, it would only prove to further burden a fragile government on the verge of economic recovery.

Coast to Coast

Brubeck

2014 FESTIVAL

STOCKTON, CA • NEW YORK, NY

March 26–29

March 26–29

Nightly Jazz Performances10 pm • Take 5 Jazz at the Brew
Valley Brewing Company

Thursday, March 27

Eddie PalmieriBlazing Latin jazz/salsa pianist with his band
7:30 pm • San Joaquin Delta College
Warren Atherton Auditorium

Friday, March 28

Al Jarreau“The greatest jazz singer alive”
— *Time Magazine*
8 pm • Bob Hope Theatre

Saturday, March 29

Jazz SymposiumFeaturing Al Jarreau and Terri Lyne Carrington
11 am • Faye Spanos Concert Hall**Jazz on the Green**Free admission featuring local jazz bands,
an instrument petting zoo and food
1–5 pm • Knoles Lawn, University of the Pacific**Terri Lyne Carrington's Mosaic Project**with Dianne Reeves, Nona Hendryx,
Tia Fuller, Ingrid Jensen, Helen Sung,
Matt Stevens, and Josh Hari
8 pm • Faye Spanos Concert Hall

Jarreau



Palmieri



Carrington

Tickets available at
BrubeckInstitute.org
209.946.3196

UNIVERSITY OF THE PACIFIC

LIFESTYLES

Have your own “stay-cation” at Mount Diablo

Jamieson Cox
PUBLISHER

While the valley is home to beautiful plains and smooth Delta waters, hiking enthusiasts do not have to go far to get their fill. As the sun sets, one can see the mountains from I-5 as the fireball disappears behind a natural gem of the region, Mount Diablo.

Mount Diablo of Contra Costa County is located beyond the Altamont Pass (which takes you to San Francisco). Standing at a peak of 3,848 feet, Mount Diablo is home to a variety of great hiking trails for all skill levels, beautiful wildlife,

such as coyotes and bobcats, and some of the best views around.

Depending on the season, California condors and even bald eagles can be seen. Due to the flat lands that surround the mountain, on a clear day, the naked eye can see all the way to the Sierra Nevadas, and even the Golden Gate Bridge is visible.

In what has become a visual focal point to natives of Northern California, Mount Diablo is a perfect place to escape the treacheries of books and exams. Get out and go see for yourself some of the United States’ top natural beauty.

Prior to attempting one of the hiking paths, be sure to stop in at the visitor center, as some of the trails are for very experienced hikers, and proper equipment and water will be necessary for the climbs. However, there are much less challenging paths for those who wish to spend a day casually looking out on the region. The peak, which is accessible by car, bike or foot, is also home to a beautiful park that has great panoramic views of the San Francisco Bay and the valley. So, next time exams and studying become overwhelming, get outside to enjoy the beauty of the region and some fresh air to help regroup and motivate your mind and body.



Mount Diablo standing tall and proud as it looks over the San Fransisco Bay.

Summit Post

How to: Survive a job interview

Nanxi Tang
NEWS EDITOR

Having recently been through a couple rounds of interviews while applying for summer internships, I know that being able to impress and survive a job interview is essential to that process. For me, one of the interviews was a virtual interview where I had three tries to respond to a job through a webcam. I was definitely googling tips and suggestions in between my answering attempts.

Here are some of the best tips and suggestions that I’ve compiled and come up with. First off, be confident. Saying “uh,” “um” or other filler words can distract you from your conversation.

According to Forbes, “Research shows that,

on average, interviewers reach final decisions about applicants in only four minutes after meeting them.” That’s not a lot of time to impress someone. Make sure you exude confidence, remain engaging and communicate effectively.

Some potential ways to improve this is by taking a communication class on campus. You’ll be able to learn legitimate tips and techniques to improve your public speaking skills and how you can handle your nerves.

Another part of being confident has to do with looking professional and appropriate. The truth is that



Job interviews can be very intimidating.

Behind the Hustle

JOB INTERVIEW
CONTINUED ON PAGE 13

Upcoming Student Events

Thursday, 3/20
Art and Design for People and Planet
9 A.M. AT THE REYNOLDS GALLERY

Lunch Behind The Lair: Chat with the Chaplains
NOON AT THE DEROSA UNIVERSITY (UC)

Take 5 Jazz at The Brew
7 P.M. AT THE VALLEY BREWING COMPANY

Friday, 3/21
Art and Design for People and Planet
9 A.M. AT THE REYNOLDS GALLERY

RECESS: Playground
NOON AT THE UC

RECESS: Study Hall
2 P.M. AT GRACE COVELL HALL

RECESS: Pitch Competition
3:30 P.M. AT GRACE COVELL HALL

Master Class - Elena Urioste and Juan Miguel Hernandez
5 P.M. AT THE RECITAL HALL

Pacific Photography Club Meetings
5 P.M. AT THE UC

Large Group - Pacific Christian Fellowship
6 P.M. AT GRACE COVELL HALL

75 Years of Music Therapy at Pacific: A Celebratory Symposium
7:30 P.M. AT THE FAYE SPANOS CONCERT HALL

Diplo and Sage the Gemini
7:30 P.M. AT THE STOCKTON ARENA

Saturday, 3/22
John Muir Symposium
9 A.M. AT GRACE COVELL HALL

75 Years of Music Therapy at Pacific: A Celebratory Symposium
7:30 A.M. AT THE FAYE SPANOS CONCERT HALL

.....
Movies This Week
Thursday, 3/20
Thor: The Dark World

Friday, 3/21
Thor: The Dark World

Saturday, 3/22
Thor: The Dark World

Margaret Roberts:

It's you interviewing, not your clothes

Jamieson Cox
PUBLISHER

In honor of the career fair this week, we decided to look at two of Pacific's faculty members who know a few things about dressing to impress.

For our female Tiger, we headed straight to Margaret Roberts, the director of Eberhardt Career Management. Roberts, who is on her twelfth year, helps members of the business school prepare for professional careers with interviewing tips and is the top resource for business students who are on the job hunt.

Although Roberts and the Career Resource Center can help with many facets of your career preparation, such as resumes, we wanted to get Roberts' tips on how to dress to nail that interview. While we all live in a world of self expression, Roberts mentioned that it is important to "let yourself do the talking, and not your outfit."

It is also good to show a bit of personality; however, overaccessorizing and pieces that are too "loud," or expressive, can leave the interviewer distracted, and only talking about the outfit after the interview. Roberts mentioned a few top tips for us: Wear a suit unless you're told not to, as it's better to be overdressed than underdressed, go comfortable and conservative on the shoes with closed toes, and stay away from all black suits, as they can be a bit harsh. In Robert's photo, she can be seen in a skirt-suit that is perfect for this spring weather.

The length of the skirt is important: Make sure it covers the knees even when you're sitting. Roberts also shows some of her personality through her business attire with a sequined shirt and a lighter-toned woven jacket. "Be polished and professional, and do the basics well, but be yourself. Let yourself do the talking, not your clothes," Roberts advised.



Jamieson Cox



TODD DAVIS:

Dressing for the position you want

Jamieson Cox
PUBLISHER

For the male Tiger highlighted this week, we chose Todd Davis, the director of development at Pacific's Eberhardt School of Business. Davis, who is constantly in meetings on campus, always knows how to dress the part and provided a few specific tips when it comes to dressing for the interview or the job itself.

Davis mentioned that it is "important to dress according to the cultures that you are trying to work in." Each company will be somewhat unique to one another, and industries may differ with regards to what is acceptable attire. This is information



Jamieson Cox

that can be gathered from your interviewers and even online. For example, a large accounting firm may be more conservative than a tech company. These may also vary from East Coast to West Coast.

In Davis' photo, he can be seen in a dark blue pin-striped suit. While it's good to show some character in your outfit, avoid one very unique suit; otherwise, it will be hard to blend it from day to day. Getting a more subtle color, like a plain navy, can allow you to mix and match shirts and ties but have a totally different look from day to day. Davis has a large range of ties and shirts that he pairs with a few good suits.

Remember that with suits, it is not all about how much it costs, but if you get it tailored the correct way, a less expensive suit from a place like Macy's can be evenly matched alongside an Armani one. Davis ended with a couple tips for those heading into an interview: "Never bring a phone, or make sure it's off, and dress for the position you want."

Educated drinking: It's what saves college students

Jenna Graves
LIFESTYLES EDITOR

As college students, we should know a thing or two about handling our alcoholic beverages. There's nothing wrong with having a good time, but being smart about how we drink is the key to a successful night, or day even.

The most important decision to make before you have a drink is to eat something. Drinking on an empty stomach will only leave you with regret, but to quote Aaron White, an assistant research professor at Duke University Medical Center: "A full tummy slows down the body's absorption of alcohol and helps protect against irritation and vomiting." Also, eating food that contains a little oil or fat will slow the rate at which your body absorbs the alcohol. Sara Reistad-Long, a contributing writer to Fox News, recommends "a handful of spiced nuts, a cheese-and-cracker combo, or a few olives are all good options" to keep you going strong.

Keep your drinking slow and steady because chugging them will only send you to bed earlier than

planned. At the rate our bodies absorb alcohol into the bloodstream and how intoxicated we feel isn't just based on the proof of the drink, but it's also based on the rate we consume our beverage.

According to a study conducted at the University of Manchester as reported by Reistad-Long, "A small glass of wine drunk in a half hour can have the same effect as a stiff vodka martini sipped over an hour. But, the effects of the martini will last longer. Having a carbonated drink, like Champagne or a gin and tonic, may also make you feel effects faster. Drinks with bubbles were absorbed into the bloodstream faster than flat ones."

Ladies, don't try to keep up with the guys, or you're just asking for a hangover. "Women metabolize alcohol more slowly than men do, and surprisingly, this has nothing to do with body weight. Men have 20 to 30 percent more water in their systems, so anything a man drinks will automatically be diluted that much more, even if he's exactly your weight," Reistad-Long explains. Keep your drinking at your own maximum. If you're trying to impress someone, it just might backfire in your face, with them holding

your hair.

When it comes to choosing your poison, Athima Chansanchai, a reporter for the Seattle Post-Intelligencer, advises the following: "Watch out for brandy and whiskey. Clearer alcohols, like vodka, gin or white rum, are less likely to cause a hangover. In fact, researchers put the theory to the test and found boozing on bourbon caused a worse hangover than drinking vodka."

Just remember that whatever you decide to drink, do not mix lights with darks. Some alcohol is a bit expensive, but paying that extra penny is worth it for a good night and morning. Cheap booze gives you a worse hangover. That's because the producers of expensive alcohol filter out more impurities. So, don't be cheap, and whatever you do, don't buy anything that is bottled in plastic.

Hopefully, these tips and tricks for drinking will benefit your nights and mornings to come. Remember the saying every time: "Beer before liquor: Never sicker." Sticking to that rule will keep you having a good time.

Tips to survive a job interview

JOB INTERVIEW
CONTINUED FROM PAGE 11

first appearances matter: Even before you open your mouth, the interviewer will have made a judgment based on what you are wearing and how you are carrying yourself. Mark Strong, a life, career and executive coach in New York told Forbes, “My suggestion is to dress a half step up from what the typical daily dress is for that given industry.” That leads into the next point. Do your research on the job and the company. If everyone around the office is in casual wear, don’t show up to the interview in a suit and tie; that just makes it clear you won’t fit in.

Some typical attire mistakes involve either a lack of preparation or too much glamour. Make sure that your outfit is appropriate in regards to length and that it fits well.

Doing research on the company beforehand means being prepared. Questions such as, “Why are you a good fit for this job?” and “Why our company?,” are difficult to answer without any background knowledge and information. Find out clearly what the job entails and how you can use your specific experiences for the job. Emphasize the positive things about the company that illustrate to the interviewer why you want to work there. Displaying your knowledgeable of the company shows the interviewer that you are truly interested and care about the job. If you’re nervous about a job interview, it might be helpful to have a friend ask questions beforehand.

Spend a day coming up with potential concise answers to common interview questions. You don’t have to memorize these answers, but it will help to have something in mind when you’re actually at the interview. Look over your resume, and think about your experiences before you arrive. Good luck!

G.I.V.E. Groups Involved in Voluntary Efforts

Competition Hours

Total Hours

Sigma Chi	607
Hmong Student Association	527
Alpha Phi Omega	371
Gamma Alpha Omega	318
Alpha Phi	296

As of 3/10/14

Sudoku Challenge!

Take on the Pacifican sudoku challenge and win a prize!
This week, win one of three shirts from Pacific tennis or one of three tank tops from the Tiger Collection!

Sponsored By



This Week's Challenge: Medium Next Week's Challenge: Hard

					1		2	4
2		1			9			
5	6			4				9
7	3				6		9	
			9		3			
	9		5				6	2
8				9			7	3
			8			6		5
3	1		2					

4	3	2	8	5	7	1	6	9
1	8	9	4	6	2	5	7	3
7	6	5	1	9	3	8	2	4
9	5	3	2	7	8	6	4	1
6	7	4	3	1	9	2	5	8
2	1	8	5	4	6	3	9	7
3	4	7	6	2	1	9	8	5
5	2	1	9	8	4	7	3	6
8	9	6	7	3	5	4	1	2

LAST WEEK'S SOLUTION

/ThePacifcan
 @ThePacifcan
 ThePacifcan

Last Week's Challenge: Easy

MARCH TO MAYDAY TOUR

UNIVERSITY OF THE PACIFIC STOP

JOIN US ON TOUR

JOIN THE CIRCUIT RIDERS, BETHEL TEAM, AND STUDENTS FROM NORTHERN CALIFORNIA TO UNIFY AROUND THE LOVE OF JESUS. COME FOR A NIGHT OF WORSHIP, TESTIMONY, AND TO SEE JESUS LIFTED HIGH AT PACIFIC!

DEROSA UC BALLROOM

THURSDAY - APRIL 3RD - 7PM

HOSTED BY: THE NEST - IV PCF, BCM, LAFE, GREEK IV - HSCF - FCA

FOR DETAILS

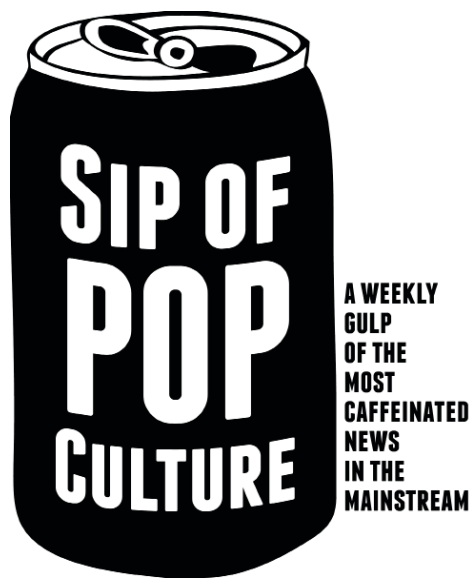
ONELOVEUS.ORG

MICHAEL KETTERER
(UNITED PURSUIT)

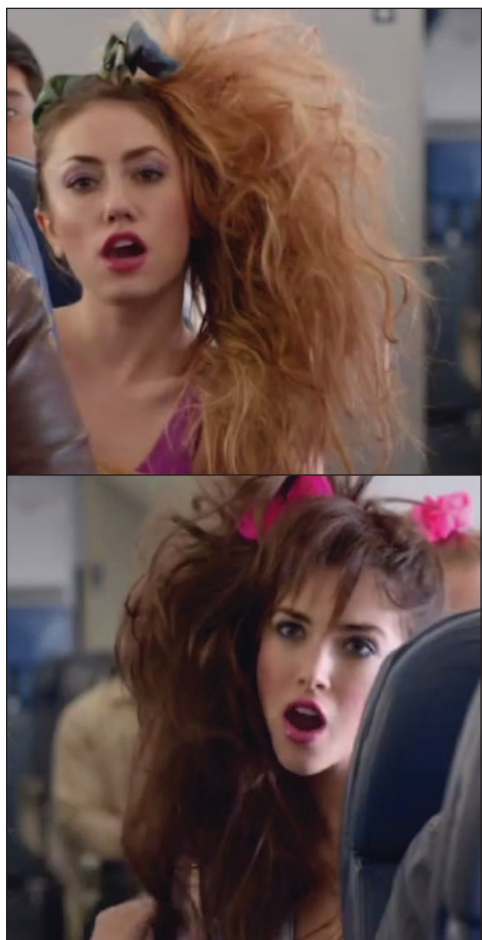
LINDY

THE WELCOME PARTY

ONE LOVE



Delta does "Cool"



Wieden + Kennedy

Jamieson Cox
PUBLISHER

With the overly competitive and somewhat struggling airline industry, companies are continuously trying to set themselves apart and do something to spark the buyers attention. In today's digital age, the power and impact of social media can turn getting some "likes" of one PR stunt into some huge financial returns. With airlines like Southwest having shown their personality with the comical flight attendants, the airline Delta is finally making itself heard.

Just released online from their creative agency, Wieden + Kennedy, Delta is making a stir on the social media landscape with the new, creative and 80's themed in-flight safety video that is full of big hair, leather straps and even a passenger doing the worm down the aisle. If you like flying with an airline that has some personality, Delta may just be the airline for you now. Take a look at the video on Youtube and let us know what you think.

Restaurant of the Week!

The Creamery

Nicole Felkins
COPY EDITOR

The Creamery, a local favorite that has been around for years, is a unique restaurant in the shopping center of Robinhood and Pacific Avenue. This old-fashioned diner offers many choices for hungry Tigers who are on the prowl for a tasty meal.

My family and I have been going to this restaurant for as long as I can remember. The Creamery's freshly brewed split pea soup and RJ's turkey and pesto sandwich on focaccia bread are my favorite.

Behind The Creamery's glass-windowed counter is a massive display of countless figurines. For example, there are a set of characters from many Disney movies, Marvel comics and Star Wars movies. As a child I loved to gaze at the figurines to find my favorite ones.

The Creamery offers a variety of delicious soup that is freshly boiled each morning: chicken and rice, potato and bacon, clam chowder, chicken tortilla, split pea and more!

With each burger or sandwich you order, you can choose a cup of soup or french fries as your side. Or, for \$1.25 extra, you can upgrade your cup of soup to a bowl. Considering how a bowl of soup costs \$4.75, \$1.25 is a steal! I upgrade every time I go because their soup is so yummy. However, choosing the soup means I

cannot have fries with my sandwich, which is a tough choice because their fries are hot, thick and crispy.

The Creamery offers many scrumptious appetizers. For example, there are mozzarella sticks,



San Joaquin Magazine

nachos, hot spinach artichoke dip and beer battered onion rings. They also have garlic fries, zucchini sticks and fried calamari.

There is a short selection of entrees, such as chicken penne pasta and grilled pork chops. However, The Creamery seems to specialize in making delectable sandwiches, illustrated by the many kinds of interestingly-named sandwiches on their menu, such as a turkey sandwich named pilgrim's pride and Flo's famous third pound burger.

There are many different kinds

of bread and cheese you can select from, such as focaccia bread or a croissant, for your sandwich. With every meal, The Creamery includes a small sample of ice cream and a pickle.

Like a true old-fashioned diner, The Creamery features a variety of ice cream flavors and desserts. For instance, they offer banana splits, sundaes and milkshakes. If you are looking to celebrate after a Pacific win or to satisfy your sweet tooth, The Creamery is the perfect place to go.

For vegetarians, The Creamery has not forgotten about you. You can delight in their vegetarian delight sandwich, or choose from several salads they offer, such as a Caesar salad. For the carnivore on a diet, try Cheyenne's Chinese chicken salad.

If you're in the mood for a taco salad, The Creamery also offers that too, with the option of either chicken or steak. The Creamery has a few wraps on their menu too, such as a Caesar turkey wrap and a veggie wrap.

The Creamery is open Monday through Friday from 11 a.m. to 10 p.m., according to Yelp. On the weekends they are open from 10 a.m. to 10 p.m. If you have any questions or concerns, The Creamery can be reached at (209) 952-1111. With so many interesting concoctions on their menu, whatever you order shouldn't disappoint you!

Visit
Stockton

Weekend
Events Calendar

Thursdays, Fridays, and Saturdays: **Live Music**
@ Mile Wine Company – **Free event!**
Saturdays: **Live Music** @ Whirlow's – **Free event!**
Mondays and Thursdays thru 5/1: **Take Five Jazz Club**
concerts @ Valley Brew – **Student discount**
Thursdays: **Wine Tasting** @ Mile Wine Company

Friday, 3/21
Diplo featuring Sage the Gemini @ Stockton Arena
Thru 3/30: **Avenue Q** @ Stockton Civic Theatre
– **Student discount**

Saturday, 3/22
3/22 & 23: Stockton Thunder vs. Alaska Aces
There are also tons of great jazz/live music sessions, farmers' markets, and flea markets throughout the city!

World of Outlaws STP Sprint Cars
@ Stockton 99 Dirt Track

Coming up in March:
3/27-29: **2014 Brubeck Festival**
@ Various locations in Stockton
3/28: **The GetDown Live** @ Stockton Empire Theatre
3/29: **Stockton InstaMeet and Food Truck Frenzy**
@ Behind Stockton Arena

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SPORTS

MEN'S AND WOMEN'S BASKETBALL

Tigers compete in WCC tourney

Drew Jones
SPORTS EDITOR

Men's and women's basketball traveled to the City of Lights for the West Coast Conference (WCC) tournament that kicked off on Thursday, March 6. The two teams competed against conference rivals in the Orleans Arena in Las Vegas, Nev.

Seventh-seeded Pacific men's basketball faced off against eighth-seeded Santa Clara in the opening round of play on Thursday, March 6 at 8 p.m. The Broncos flexed their muscles in the onset of the first half, scoring five points right out of the gate. Guard Sama Taku '14 quickly countered with a jump shot, and forward Tony Gill followed with a three-pointer to even the matchup. Pacific put up eight straight points to take the lead.

The lead began to alternate between the two teams when Santa Clara tied the game at 10 with 13 minutes remaining. Forward Ross Rivera '14 added two points to give Pacific the lead, but the Broncos took it back with less than ten minutes to go.

With less than eight minutes to go in the first half, the Tigers were down by one. Taku led the rally with a jump shot, while Gill and forward David Taylor '17 followed with two three-pointers to tie the game at

23. The Broncos maintained the lead; however, Pacific remained a threat, trailing very closely behind. At the half, Santa Clara led, 34-29.

Center Khalil Kelley '14 led off the second half with a pair of free throws, but Santa Clara answered back with five points of their own. Forward Aaron Short '15 tried to close the gap, putting up a jump shot with nearly 17 minutes remaining. The Tigers made efforts to creep back into the lead, but the Broncos put the hammer down with back-to-back three-pointers.

Pacific trailed by 10 with 13 minutes remaining in the game. Santa Clara capitalized on the fouls and increased their lead by a generous margin. The Tigers fell behind by 20 points with only six minutes left. Rivera led a short rally with a three-pointer. Taylor followed with a layup. Guard T.J. Wallace '17 and Taku added free throws to close the gap.

The Broncos continued to take advantage of Pacific's missed baskets and led by 20 with nearly one minute remaining. The Tigers made a few efforts, but it wasn't enough to push them over their conference rival. Pacific fell to Santa Clara, 81-64, and capped off their first season in the WCC.

Notably, Taku led the squad with 16 points, and Wallace led with seven rebounds.

On the other hand, the women's team, the No. 3 seed, was able to bypass the first round of play and go straight to the quarter finals on Friday, March 7. The Tigers faced off against the sixth-seeded Pilots from Portland.

Pacific did not hesitate to make their point early on, going on a 10-0 run to start the matchup. Guard Sam Pettinger '14 started off the game with a three-point jump shot, and forward Kendall Kenyon '15 followed with a pair of free throws. Guard Hailie Eackles '16 sunk a three-pointer of her own, and Kenyon followed once more with another pair of free throws to make it 10.

The Pilots crept back and closed the gap, but the Tigers maintained control. With nearly 15 minutes remaining in the first half, Pettinger put up two free throws, and forward Erin Butler '16 added a layup to put Pacific up, 16-7. The Pilots countered with a tip-in and three-pointer; however, Butler quickly silenced them with a three-pointer of her own.

With nearly 10 minutes left to play, Eackles found the basket twice from behind the three-point line, and Pettinger snuck in a layup to give the Tigers a nine-point lead. For the remainder of the half, guard Kiki Moore '14 stole the show, scoring 11 straight points in less than

four minutes. Kenyon added a pair of free throws to cap off the first half. Pacific led, 44-33.

The first two minutes of the second half were scoreless, but Portland spearheaded a tug of war, attempting to bridge the gap. With less than 16 minutes remaining, the Pilots came within five of tying. Moore posted two free throws and guard Madison Parrish '15 added a layup and a free throw to gain some insurance for the Tigers.

Portland kept creeping back, but Pacific laid down the law by going on an 11-4 run. With less than five minutes remaining, Kenyon and Moore led the way once again. Kenyon snuck by the Pilots for a layup and then added a pair of free throws shortly thereafter. Over the next two minutes, Moore posted five free throws and a layup to keep Pacific in the lead.

It was Parrish who had the last word, putting up three free throws in the remaining seconds of the game. The Tigers sent the Pilots home, 84-72, and moved on to the semifinals. Notably, Moore led the way with 28 points and seven rebounds. Also, all five Tiger starters scored in double figures.

Pacific had a couple

MEN'S AND WOMEN'S BASKETBALL
CONTINUED ON PAGE 16

TIGER X

SCHEDULE Baun Fitness Center

Thursday:

6:30-7:15 A.M.
-- Corefit
12:05-12:50 P.M.
-- Yoga
5:15-6:15 P.M.
-- Yoga
5:30-6:15 P.M.
-- Zumba
-- Cycle
6:30-7:20 P.M.
-- TRX Circuit Training
6:30-7:30 P.M.
-- TurboKick
9-9:45 P.M.
-- Black Light Cycle

Friday:

6:30-7:15 A.M.
-- Cycle
8:30-9:30 A.M.
-- Fit and Functional
12:05-12:50 P.M.
-- Zumba
5:05-6:30 P.M.
-- Yoga
5:30-6:15 P.M.
-- Cycle

Monday:

6:30-7:15 A.M.
-- Cycle
8:30-9:30 A.M.
-- Fit and Functional
12:05-12:50 P.M.
-- Power Sculpt
4:30-5:20 P.M.
-- XplodeZone Boot Camp
5:05-6:20 P.M.
-- Yoga
5:30-6:15 P.M.
-- Cycle
6:30-7:30 P.M.
-- Zumba
7:45-8:45 P.M.
-- R.I.P.P.E.D
9-10 P.M.
-- Social Dance

Tuesday:

6:30-7:15 A.M.
-- Cycle
12:05-12:50 P.M.
-- Yoga
4-5 P.M.
-- TRX Body Blast Express
5:30-6:15 P.M.
-- Cycle
6:45-7:45 P.M.
-- Yoga
8-9 P.M.
-- Zumba

Visit go.pacific.edu/rec
for schedule updates
and class descriptions.



Athletic Media Relations



West Coast Conference

Basketball continues into postseason

MEN'S AND WOMEN'S BASKETBALL
CONTINUED FROM PAGE 15

days to rest but was back in action on Monday, March 10. They faced off against the No. 2 seed, Brigham Young University (BYU).

BYU started off the scoring with a three-pointer, and Eackles quickly answered back with a shot from behind the line as well. The Tigers got off to a slow start as the Cougars powered through with a 15-2 run. Moore finally put an end to the drought with a three-point jump shot with nearly 12 minutes remaining in the first half.

Pacific continued to make moves to creep back into the game, but BYU was leading by a hefty margin. At the half, the Tigers were down, 35-24.

Into the second half, Pacific came out with a little more fire, bridging the gap. Kenyon led the Tigers with a layup, Moore posted a three-pointer and a layup, and Kenyon capped the rally with another layup. Moore was sent to the

free-throw line and sunk a pair to bring the Tigers within ten with less than 14 minutes to go.

Moore added two more free throws and a layup, but the Cougars quickly countered with a couple three-pointers and layups to stretch their lead. With less than three minutes remaining in the matchup, Pettinger put up back-to-back three-pointers, but it was not enough to cut down BYU's lead.

The Tigers ultimately fell, 77-64. Moore led once again with 26 points and seven steals on the evening. Pettinger added nine points and 10 rebounds. Notably, Moore was named to the All-WCC Tournament team.

The men's team will continue their season in the CollegeInsider.com Postseason Tournament (CIT). This is Pacific's third appearance in CIT. The women's team received an automatic berth into the Women's National Invitational Tournament (WNIT).

WOMEN'S BASKETBALL

Tigers to face Ducks in WNIT

Drew Jones
SPORTS EDITOR

On Monday, March 17, the Women's National Invitational Tournament (WNIT) announced the women's basketball team would receive a berth into their postseason tournament. Both Gonzaga and Brigham Young University (BYU) earned bids into the NCAA March Madness tournament, giving Pacific the automatic berth for the West Coast Conference (WCC) into the WNIT.

The Tigers will travel to Eugene, Ore. to face off against Oregon on Thursday, March 20 at 7 p.m. This is Pacific's third straight season facing a Pac-12 conference team in the WNIT. They defeated Arizona State in the first round two seasons ago and just topped the Washington Huskies in the second round last year.

Pacific finished the regular season 18-12 overall and 12-6 in conference, falling in third place after the WCC

tournament in Las Vegas, Nev. Oregon finished .500 with a 15-15 record overall and a Pac-12 record of 6-12. The Ducks currently lead the nation offensively, scoring an average of 93.5 points per game. However, on defense, they have allowed an average of 89.8 points per game.

The Tigers, on the other hand, have scored an average

of 76.9 points per game and only allowed approximately 71.6 points per game.

The winner of this game will advance to the second round of the WNIT and go up against the winner of the battle between Washington and Hawaii, which will be anywhere from Saturday, March 22 to Monday, March 25.



Pacific Athletic Relations
The Tigers huddle up to face Oregon in the first round of the WNIT.

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Did you know?

Men's soccer recently signed eight players to join the team starting this fall.

Pacific has signed three midfielders, two defenders, two goalkeepers and one forward thus far (Tuesday, Mar. 18).



Pacific Athletic Relations

MEN'S AND WOMEN'S TENNIS

Tennis has a win-packed week

Jamieson Cox
PUBLISHER

While many students left campus for spring break, some of the sports teams including both tennis teams continued their spring campaigns. Collectively, both team competed in a total of 8 matches.

On the womens side, the tigers went .500 on the week, going 2-2. The spring break started with a tough road loss against Cal Poly. The mustangsm, who ere past rivals in the Big West Conference, hosted the tigers, after Pacific took a tough 4-3 victory over the mustangs at home last year. The tigers came out swinging, takin the doubles point, but could not hold on throughout singles, taking two of the six but needed a third. Hana Ritterova, and Francis Dean continued their strong spring campaigns by each picking up singles victories.

The tigers then went on to take a win over Youngstown State at home with a promising score of 5-2. The tigers took the doubles point again, and went on the take 4 of the six singles matches. The freshmen from Russia, Daria Labintseva got her first NCAA victory for the tigers, beating Gimena Puppo 6-3, 6-0 at

the number 6 singles spot.

The third match of the week, took the tigers to Hawai'i to take on Grand Canyon where the tigers came out victories again taking the doubles point, and holding on winning 3 of the 6 singles matches to beat the Antelopes.

To conclude the busy weekend, the tigers faced another tough past Big West rival, the Hawai'i rainbow warriors. The match started with a tough doubles point, and the warriors continued their tough play throughout the singles matches. The lon win came from freshmen Francis Dean, who continued her win streak, beating Petriskova at #4, 4-6, 6-1, 6-2 for her 6th win in a row. The lady tigers are now 6-6 on the season and will continue their spring play away this weekend as they take on BYU and Nevada.

The mens team also had a very busy week, winning 3 out of 4 matches. The week started with a 7-0 sweep of Youngstown State, after the womens teams victory. Next up for the men was their first West Coast Conference Dual against the USF Dons in San Francisco. The match started with a 3-0 sweep of the doubles and the tigers up 1-0 heading into singles. From there,

Sem Verbeek, Miguel Diaz, and Denis Stolyarov went on rolls, each picking up straight set victories for the tigers, taking the first win in the next conference.

The next match consisted of the tigers taking on USD at home for the second conference match. The match began with a tough doubles point loss, leaving the tigers needing 4 of the 6 singles to take the match. The tigers then went on and gave up a great fight, bringing the match to 3-all, but fell in the third set of the final match.

To end the week, the tigers took to the court on last time to take on Idaho. After coming out and falling short on the doubles point, the tigers were determined to end their Spring Break on a positive note. From there the tigers took 5 of the 6 singles matches and getting the tigers back to .500 on the year. The tigers will continue play this week against BYU at home on Friday at 2:00pm.

Be sure to follow both teams throughout the season with live updates on twitter @PacificMTennis and @PacificWTennis, and to bring all unwanted shoes to any home match for the "Tigers 4 Toes" disaster relief shoe drive.



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SOFTBALL

Pacific drops close decisions over break

Drew Jones
SPORTS EDITOR

Women's softball started spring break a bit early to travel to the islands of Hawaii for the Jack in the Box Hawaii Spring Fling Tournament. The Tigers faced off against University of California, Berkeley (Cal), University of Hawaii, and James Madison at the Rainbow Wahine softball field.

Pacific took on Cal and then Hawaii in a back-to-back double header on Thursday, March 6. The Tigers had the home-team advantage against Cal and sent pitcher Dani Bonnet '15 to the mound to start the first inning. Bonnet got two quick outs, but the Golden Bears flexed their muscles with a solo homerun over the center-field fence before the end of the top of the first.

It was three up and three down in the bottom of the first for the Tigers. In the top of the second, two walks set the table for Cal as they sent

home the runners on an error and sacrifice fly. They pushed another run across in the top of the third, taking the lead by four.

Pacific finally got a run on the board in the bottom of the third inning when third baseman Cassidy Gustafson '17 sent a shot over center field. Afterwards, the innings remained scoreless until the Golden Bears added their fifth and final run of the game in the top of the sixth inning.

It came down to the Tigers last at bat in the bottom of the seventh inning. Catcher Bailey O'Mara '17 led off the inning with a one out single to right field. First baseman Alex Steinmehl '15 moved O'Mara 60 feet on a ground out to second base. Melina Huey '17 stepped in to run for O'Mara at second base, and Gustafson quickly moved her to third on a single to the shortstop.

Designated player Sara Anderson '16 stepped to the plate with two outs. Anderson singled through the infield to score Huey. However, the

Tigers' rally would be cut short. Pacific fell to Cal, 5-2. Bonnet pitched a full seven innings with six strikeouts.

The Tigers looked to bounce back in their game following against Hawaii. Pacific did not hesitate to get the game going in the top of the first, putting five runs up on the board over their former conference foe.

Pacific had a five-run, two-out rally to start off the game. Shortstop Melanie Habib '16 drew a one out walk, and right fielder Taylor Petty '14 followed with a single up the middle. Center fielder Megan Foglesong '14 sent a shot to center field to plate Habib and put the Tigers on the board.

O'Mara quickly followed with a single up the middle, then Steinmehl cleared the bases with a triple past the right fielder. Gustafson singled up the middle to score Steinmehl and cap the first-inning rally.

The Tigers pushed another run across home plate in the top of the second on a triple

by second baseman Nicole Zapotoczny '16. Hawaii scored one run in the bottom of the second and third innings to cut down Pacific's lead.

The fourth inning was scoreless, but the Tigers were able to push another run across home plate when

Steinmehl drove in Foglesong on an RBI ground out.

However, the bottom of the fifth inning proved disastrous

SOFTBALL
CONTINUED ON PAGE 18



The Tigers huddle up on the diamond.

Anthony Habib

Softball struggles in away tournaments

SOFTBALL
CONTINUED FROM PAGE 17

for the Tigers as the Rainbow Wahine touched home six times to take the lead, 8-7. Hawaii scored on five hits and one error.

Pacific got three more hits and put four runners on in the next two innings, but they could not bring them home to take the lead back. The Rainbow Wahine had run away with the game.

The next day, the Tigers were set to play James Madison from Virginia, but the game was cancelled after four innings due to rain. However, on Pacific's final day of play, they had another opportunity to face off against James Madison and Hawaii.

The Tigers scored first against the Dukes, getting on the board in the bottom of the second inning. Foglesong singled to the shortstop, and O'Mara reached base on an error. Gustafson laid down a sacrifice bunt to move the runners 60 feet. Steinmehl stepped to the plate and grounded out to third base,

bringing in Foglesong.

The Dukes answered back in the top of the third with a run of their own. Pacific took the lead once more in the bottom of the fourth when Zapotoczny reached second base on a double down the left-field line, and Gustafson plated her with a single to center field.

In the top of the fifth, the Dukes got a runner on and tried stealing second; however, O'Mara connected with Habib at second base to gun her down. Pacific led into the top of the seventh, but a throwing error caused a runner from James Madison to score and a tied game. The Tigers could not convert in the bottom of the seventh, taking the game into extra innings, and the international tie breaker came into effect.

James Madison had two runners on, and both crossed home plate with a base-clearing triple, taking a two-run lead. In the bottom of the eighth, the Tigers were able to get two runners on as well but could not convert, ultimately falling to the Dukes.

Pacific looked to turn the tournament around in their final game on the island against Hawaii. The Tigers finished off their time in Hawaii on a good note with a 4-2 win over the Rainbow Wahine. Gustafson tallied two doubles and Zapotoczny posted a homer, her second of the season.

While the students and faculty enjoyed a few days off for spring break, the Tigers were hard at work, gearing up for the Fresno State Classic Tournament. Pacific set out to Fresno last weekend and played four games against Fresno State, Colorado State, New Mexico State and Ohio State. Ultimately, they only came out on top in one matchup, defeating Fresno State by two.

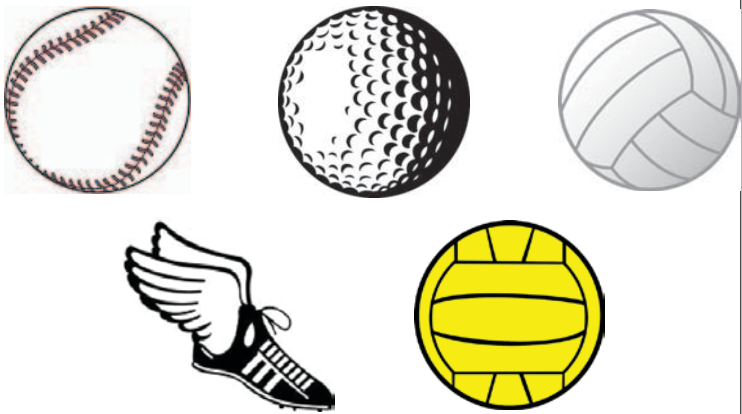
The Tigers went 2-6 over spring break, but they look to turn things around as they head to Cal State Northridge for a tournament this weekend. Pacific returns home on Friday, March 28 to host Stanford at 6 p.m. on Bill Simoni Field.



Anthony Habib
Pitcher Tori Shepard '14 firing a strike in Pacific's game against Colorado State.

IF YOU  SEE
SOMETHING
 SAY SOMETHING

In other sports...



Baseball
Over spring break, the Tigers played in the Jack Gifford Memorial Tournament at Santa Clara and also started conference play at Pepperdine. They played eight games over the course of the break and came out victorious in three. Pacific defeated San Jose State but fell to UC Davis, Washington, and Santa Clara. Notably, they won their first series in the West Coast Conference (WCC), going 2-1 and taking down Pepperdine last Saturday, March 15 and Sunday, March 16. Pitcher Will Lydon '17 was credited with the win and Michael Benson '15 reeled in the save in Sunday's win over the Waves. The Tigers return home this weekend to host Gonzaga in their first home conference series. First pitch will be on Friday at 6 p.m. on Klein Family Field.

Men's Golf
The Tigers traveled to Bandon, Ore. and competed in the Bandon Dunes Championship. After three days of golfing, Pacific tied for thirteenth place, shooting 305 overall on an 18-hole course. Drew Bender '15 shot an even par (71), and teammate Byron Meth '15 was close behind, shooting a 74. The Tigers head up to Eugene, Ore. to compete in the Oregon Duck Invitational on Monday, March 24 and Tuesday, March 25.

Men's Volleyball
Pacific faced off against No. 6 University of Southern California (USC) and No. 4 Pepperdine on Friday, March 7 and Saturday, March 8. They ultimately fell and got shut out in both matchups, 3-0. Notably, outside hitter Thomas Hodges '17 led the way with 12 kills against both USC and Pepperdine. The Tigers also hosted No. 11 Hawaii on Monday and Tuesday. They were ultimately shut out in three sets on Monday.

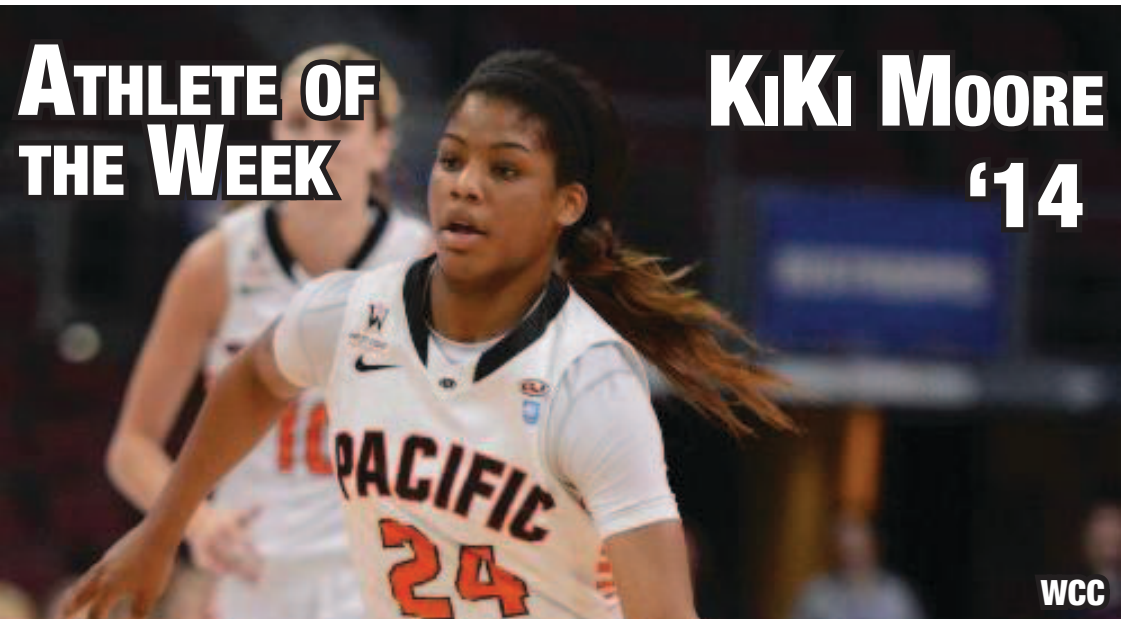
Sand Volleyball
In their first couple games of the season, the Tigers hosted Santa Clara and San Jose on Saturday, March 8 and University of California, Berkeley on Sunday, March 9. Pacific went for the old-fashioned sweep, reeling in three victories over the course of the weekend. They will head out on the road for a few weeks but return home on Sunday, April 6 to host Cal Poly at noon on the sand volleyball courts.

Track
Pacific competed in their first meet of the season at the Kim Duyst Invitational in Turlock, Calif., hosted by Cal State Stanislaus. Becky Grabow '16 led the way with a third place finish in the 5000-meter race. The Tigers are back in action in when they head to San Francisco, Calif. to compete in the Johnny Mathis Invite on Saturday, March 22.

Women's Water Polo
The Tigers participated in the Wolverine Invitational over the weekend at the University of Michigan. The faced off against Siena, Gannon and Michigan on Saturday, March 15 and took on Mercyhurst and Notre Dame College the day after. Pacific went 4-1, nearly sweeping the tournament, but ultimately fell to Michigan in an overtime match. In the final day of the tournament, goalkeeper Meghan Nee '17 laid down the hammer, tallying 21 saves on the day. The Tigers return home to host Azusa Pacific on Saturday, March 22 at Chris Kjeldsen Pool at 11 a.m.

ATHLETE OF THE WEEK

KIKI MOORE '14



Kiki Moore '14 led women's basketball at the West Coast Conference tournament over the break in Las Vegas, Nev. In the Tigers' two games, Moore tallied a combined 54 points, 12 rebounds and 11 steals. Moore leads the squad in points, scoring an average of 16.5 points per game. Notably, Moore also leads the team in steals, taking the ball a total of 79 times this season. Moore looks to continue her efforts in the postseason.

PACIFIC TIGERS

WEEKLY HOME SCHEDULE

BASEBALL

Friday, March 21 vs. Gonzaga 6 p.m. Klein Family Field	Saturday, March 22 vs. Gonzaga 2 p.m. Klein Family Field
Sunday, March 23 vs. Gonzaga 1 p.m. Klein Family Field	



MEN'S TENNIS

Friday, March 21
vs. Brigham Young University
2 p.m.
Hal Nelson Tennis Courts



WOMEN'S WATER POLO

Saturday, March 22 vs. Azusa Pacific 11 a.m. Chris Kjeldsen Pool	Saturday, March 22 vs. Redlands 2 p.m. Chris Kjeldsen Pool
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WOMEN'S TENNIS

Tuesday, March 25
vs. Eastern Washington
1 p.m.
Hal Nelson Tennis Courts



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